



STAGE 1 REACTIVATION HOURS OF OPERATION, FITNESS CLASS & GYM SCHEDULE

Operating Hours

Closed daily for cleaning: 12:00-1:00pm & 4:00-5:00pm

Monday - Friday: 8:00am - 8:00pm

Saturday: 8:00am - 4:00pm

Sunday: Closed

FITNESS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8:15-9:00am Gravity 3rd Floor			
9:15-10:00am Cardio Mix Gym	9:15-10:00am Strength Gym	9:15-10:00am Cardio Mix Gym	9:15-10:00am Strength Gym	8:15-9:00am Gravity 3rd Floor	8:15-9:00am Gravity 3rd Floor
11:00-11:45am Gravity 3rd Floor	11:00-11:45am Boxfit Gym	11:00-11:45am Gravity 3rd Floor	11:00-11:45am Cardio Mix Gym	9:30-10:15am Cardio Mix Gym	9:30-10:15am Cardio Mix Gym
1:15-2:00pm Gentle Fit Gym	1:15-2:00pm Gentle Yoga Gym	1:15-2:00pm Gentle Fit Gym	1:15-2:00pm Gentle Yoga Gym Gravity 3rd Floor	1:15-2:00pm Gentle Fit Gym	
5:30-6:15pm HIIT Gym	5:30-6:15pm Strength Gym	5:30-6:15pm HIIT Gym	5:30-6:15pm Strength Gym		
Yoga 6:45-7:30pm Gym		Yoga 6:45-7:30pm Gym			

GYM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30-12:00pm Basketball		10:30-12:00pm Basketball		10:30-12:00pm Basketball	11:00-12:00pm Basketball
2:30-4:00pm Pickleball	2:30-4:00pm Basketball	2:30-4:00pm Pickleball	2:30-4:00pm Basketball	2:30-4:00pm Pickleball	1:00-4:00pm Basketball
	6:30-8:00pm Basketball		6:30-8:00pm Basketball	5:00-8:00pm Basketball	

*Racquetball & Squash Courts available. See EZ Facility for times and bookings

• SCHEDULES ARE SUBJECT TO CHANGE •



**YMCA of
Niagara**

Walker Family YMCA

Stage 1 Reactivation Schedule

Effective October 18, 2020

Masks must be worn upon entry to the facility, and worn while moving about, but may be removed ONLY when using equipment or engaged in exercise.

GENERAL INFORMATION

All locker rooms are closed.

Members are expected to physically distance themselves in the facility.

Please do not bring valuables with you to the YMCA as there will be no locker use.

Members should arrive dressed in their exercise gear —coat racks will be provided adjacent to each workout area.

Members should bring their own water bottle and towel as there is no towel service at this time.

Water bottle filling stations will be available.

There are no drop ins, day passes or guest passes, access is only available to YMCA of Niagara members at this time.

HEALTH CHECK

A health check, including a temperature check, is required prior to entering the facility.

Each member MUST complete the digital health check up to two hours prior to arriving at the Y.

Visit ymcaofniagara.org/screening and complete the health check. Be prepared to show your mobile 'green' screen upon entering the YMCA where you swipe your membership card to enter.

Health checks can also be completed in person upon arrival.

FITNESS CENTRE

For your convenience the Fitness Centre does not need to be booked in advance.

For physical distancing, the Fitness Centre will have a maximum number of members able to attend per hour.

Fitness staff on the floor will help members to navigate available equipment and space.

We appreciate your patience and understanding as we adhere to physical distancing standards.

As a courtesy to all members, we ask you to limit your visits to 60 minutes once per day.

CLEANING CLOSURES:

Please note we are closed everyday from 12:00-1:00 pm, and 4:00-5:00pm for deep cleaning and disinfection of our facility and equipment.

PRE-BOOKED CLASSES & ACTIVITIES

The following classes and activities must be pre-booked using EZ Facility:

- Fitness Classes** | indoors/outdoors weather dependant
- Basketball Nets** | 30-minute time blocks (max 2 consecutive, one person per net, bring your own ball)
- Racquet Courts** | 60-minute time block, 45 minutes of play plus 15 minutes recovery, max 2 people per time slot
- Walking Track** | 30-minute time block, max 2 consecutive, max 6 people per time slot, no running, must wear a mask while using track
Opening Oct. 26

USING EZ FACILITY

Once you activate your membership, you will be sent a link to create your unique login for EZ Facility.

To book a session, go to ymcaofniagara.org/ezfacility.

Input your login information.

Click the "Book Sessions" tab in the left navigation bar, take a look at the available classes and activities.

Select "Book" beside your choice.

You will then be sent a confirmation email with your booking.

Please note, you can book your session up to seven days in advance.

MORE INFORMATION

Every day from 1:00pm – 2:00pm is reserved for Seniors only.

Financial Assistance is available. For more information, please email customerservice@niagara.ymca.ca.

During Stage One, members 13+ will be permitted to use the facility. All memberships for those under the age of 13 will remain on hold.

In addition to equipment and machines on the Fitness Floor, we have Cycle Bikes and Rowing Machines available for use in the main lobby.

Contact Information

25 YMCA Drive, St. Catharines

Phone: (905)-934-9622

Email: customerservice@niagara.ymca.ca



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